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REMARKS

ON

INSANITY,

AND THE

MANAGEMENT

OF

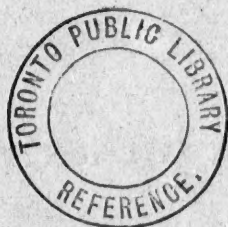
INSANE PERSONS.

BY J. F. LEHMANN.

Montreal:
PRINTED BY JOHN LOVELL,
ST. NICHOLAS STREET.

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P R E F A C E .

IT MAY be a matter of just surprise, that a person unacquainted with the study and practice of medicine should have the boldness to communicate his opinions and observations to the world, on the nature of insanity and the treatment of insane persons. But whilst the author begs the courteous reader to bear in mind the class of persons this work is intended for, he also appeals to the declarations of the most celebrated moral physicians, "that the communication with these patients requires so *many* and various exercises, faculties and attainments, that they cannot possibly be expected from, or afforded by, a graduate in medicine." It is, therefore, his sincere wish not to have a comparison made between the remarks contained in the following pages and those emanating from the pen of any medical author.

If the humble efforts of the author prove at all instrumental in ameliorating the condition of these unfortunate beings, his wishes have been fully realized.

PREFACE TO THE TRANSLATION.

SOME celebrated German physicians, passing sentence on this pamphlet, expressed their satisfaction of its utility. This encouraged me to present it, translated, to a nation whose physicians are the most celebrated for the treatment of mental diseases. But they will please recollect that a translation can never have the value of the Original.

I am much indebted, and must express my most sincere thanks, to Dr. Edwd. Van Cortlandt, for the valuable assistance he rendered me in improving my translation.

J. F. LEHMANN.

BYTOWN, U. C., *August*, 1840.

REMARKS
ON
INSANITY,
AND THE MANAGEMENT OF
INSANE PERSONS.

WHOEVER has had the opportunity of communicating with insane persons, or the misfortune to have such amongst the members of his family, will at once understand the difficulties arising out of such a conference, and the infinite patience and self-possession required for enduring their delinquencies, obstinacy, refractoriness and the various other phenomena of their disordered minds; supposing that in their hallucinations any traces of the existence and activity of *mind* is perceivable.

Nevertheless, tolerating their caprices and humours cannot and ought not to be aimed at, but the end ought rather to be that of opposing their capricious inclinations; and the patients should be made to understand that they are wholly dependant upon, and must obey those to whose keeping they are entrusted; in other words, that they must make a virtue of necessity. The treatment of such patients, therefore, bears a great resemblance to the education of children, who, by habit, become peculiarly accustomed to obedience and attention, as well as a just use and reason-

able application of their faculties (both mental and corporeal) to a life of regularity and order.

But the charge of the mental physician is far more difficult, and his labour meets with a worse reward than that of a pedagogue ; inasmuch as the former, unlike the latter, has not to form and unfold new ideas, but has to rectify confused and to dispel false ones ; or, to speak figuratively, has not to give direction to a sapling, but to straighten an older tree that has become crippled and crooked.

Children, notwithstanding any difference in their respective mental attainments, or the rank of their parents, may all be placed upon the same footing, as far as regards their general cultivation ; and can, consequently, all be instructed in community, after a method answering and adapted to them, both individually and collectively. But what endless varieties and modifications do we discover in the ideas, sentiments, and propensities of persons of riper years in the case of insane persons. A specific plan must, therefore, be entered upon for each individual, in order to lead him to consciousness, reflection and attention ; consequently, a particular method of moral management is required ; for, abstractedly, from that point every individual stands upon a different degree of cultivation, to which all his conversation and communications ought to be adapted.

The causes of insanity are nearly as numerous as the subjects of it. These may all, however, be more or less brought under general rules, to wit :—Grief, fright, unrequited affection, jealousy, immoderate ambition, pride, loss of property, religious fanaticism, excessive application, inflammatory and other diseases, &c. Besides this, the same patient may assume an entirely different chain of symptoms at the beginning, during the progress, and in the end of his disease. A change may also be effected in the

nature of the symptoms by occupation, exertion, and diversions ; and on this head, a treatment of insane persons in community is more applicable than any other, inasmuch as properly regulated exertion, by gymnastic, and various other healthy exercises and pastimes, in the open air, incites a spirit of emulation, and affords nourishment for the contemplative imagination.

From the foregoing remarks, the reader will at once discover that they are intended to prove the advantages afforded to insane persons by Lunatic Asylums, wherein they are subjected to proper management and treatment ; for should it happen that a family, either from regard towards any one of its members so unfortunately afflicted, or from any dread of harsh treatment in such an institution, should object to his removal, nevertheless it is known from experience that the place and surrounding company where and amongst whom the patient has lost his reason, are, of all others, the least calculated for effecting its restoration. On the one hand, the arrangements and materials are wanting to protect the patient from mockery, and the gratifying of vexatious and mischievous curiosity ; as he cannot be so placed as to prevent the intrusion of strangers. On the other hand, it is absolutely necessary that his friends and those about him be secured from the effects of his violence, and that the patient be removed to a situation where he can in no way prove dangerous either to them or to himself. The removal of such a person from the bosom of his family, amongst whom he has become insane, (whether from neglected education, or arising out of anger, or the indulging of an arrogant and capricious behaviour,) and where he was more accustomed to order and command than to endure submission, and the transferring him to an asylum wherein he discovers at his first entrance unknown

faces and the systematic discipline of the establishment, as well as the spirit of determination exercised by those in charge of it, and who at once compel him to obedience, must, inevitably, be attended with advantageous results.—How and in what manner he may there obtain the desired recovery, and how such an establishment is to be conditioned and regulated, will form the subject of our future consideration; for the present suffice it to say that I do not agree unconditionally in the opinion of many physicians, that an establishment founded and supported by the vigour of government, is to be preferred to a private institution, from the fact that there are private establishments which command all the means and resources of the larger ones, but in which it is not so often necessary to resort to them; since, from the smaller number of patients they contain, greater vigilance can be observed, and the inmates more easily occupied and attended to, and thereby the paroxysm of rage can be more effectually prevented. It is true, indeed, that the proportionate expenses of a private asylum are greater than in a public one; owing to the disparity between the number of the patients, and the nurses and attendants; but this is more than counterbalanced by the continual observation and attentions afforded to the insane, and the stricter and more proper separation of them.

When from seven to nine lunatics are living and sleeping together in the same room, it is evident there must be more or less hazard: inasmuch as, amongst the minor evils attendant thereon, the convalescent, at the sight of one of his companions in a state of fury, ordinarily relapses into his own previous alienation; a circumstance which clearly ought to be guarded against as much as possible; and this objection applies to private institutions as well as public ones, where the former are overstocked with patients.

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Nay, more, we may even excuse the objection in some measure, in a public asylum, where poor and indigent persons meet with shelter and protection, and for whom there is either no emolument at all, or at *best* something very trifling; a circumstance which would preclude them from a private institution.

It may be inferred from these observations, that we consider it advisable for the insane of opulent families to be conveyed to private institutions, unless, indeed, the objections alluded to could be overcome by an extension of the public ones, for it is evident that such persons, both from previous education and refined habits, are not proper associates for the illiterate and vulgar, nor can the desired recovery be expected where such persons are compelled to mingle at all times, both night and day, with plebeian associates, amongst whom are many of the worst outcasts of society.

It is of little consequence, however, that any establishment, whether public or private, possesses all the requisite measures and expedients, if it be wanting in the "*genius loci*," viz, in the inspecting, directing and administering department, and in well formed and strictly and conscientiously executed arrangements—such an institution would bear no unapt resemblance to a goodly apple, which, although it might present every possible appearance of promise on its exterior, was, withal, internally a prey to the destructive ravages of the canker and the worm.

Perhaps there is no situation in life where a reasonable application of our minds could be more necessarily and usefully exercised than in conversing with, and overlooking irrational beings, whom it is our duty not only to lead, divert and govern, but whom we ought to remove from darkness, and inspire, so far as may be, with the healthy

light of a sound mind, and reinstate in their original position amongst their rational brethren.

The times, certainly, are happily past when the unfortunate creatures were considered to labour under demoniac influence, and treated like wild beasts, being confined in cages, and there excited and provoked into fury to gratify the curiosity of spectators. By such treatment, and for similar ends, those in charge of them were wont to cloak their indolence, cruelty and insensibility. Notwithstanding, however, that these times are indeed past, we still occasionally find such a perservity of remedies, and so many conspicuous instances of want of reason in the management and treatment of insanity, that it does not seem superfluous to submit that often discussed subject to a new examination. Say, worthy and philanthropic reader, is it an instance of the "*mens sana*" to confine a lunatic for five or six hours to an empty room, the doors and windows of which are closed and fastened, with nothing but religious books of a gloomy character to divert him; by reading which it was supposed he could look into the recesses of his soul, dispel his sins and recover. Such was the ostensible intention, whilst the true motive consisted in the nurse's services being turned to a more profitable account in the household economy; but, *Exempla sunt odiosa!*

How can we hope for the recovery of a patient if we see him daily undergoing abuse and punishment, in the absence of his friends and relatives, but enjoying the kindest and best treatment when they are allowed to visit him; or how, when from seven to ten persons are compressed in a small and confined apartment night and day during the winter season, to save the consumption of fuel, and where, if the patients are occupied at all, it is not in ac-

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cordance with their individual faculties, abilities and wants, or with a view towards effecting their recovery, but only to the utility and advancement of the institution?

These are phenomena which may be discovered even at the present day, notwithstanding the vigilance and attentive inspection of the police, which, especially in Prussia, aims at preventing abuses and the misemployment of proper measures in this regard. But how can the *spirit* of benevolence be impelled into an institution, when the *semblance* of it only was assumed at the time of application for permission to found an establishment, where "They raise the word of promise to the ear, but break it to the sense."

Learning and knowledge are not of themselves sufficient for the entire control and establishment of a Lunatic asylum, or, otherwise, the most learned medical practitioner, or he who has studied the various branches of medicine, and consequently of the physical sciences, would, of course, be the best moral physician.

But he who arrives at conclusions from the analogy of human diseases only, and who knows, simply, that *depression* is effected by the administration of large doses of Belladonna, Hellebore and Camphor, and by continued cold effusion; and that *excitement* is brought on by a stimulating diet, Wine, Beer, Ardent Spirits, &c., is, clearly not the person to be entrusted with the treatment of such patients. For what would be his demeanour if in the presence of a lunatic patient, providing he had no previous opportunity of observing the nature of the disease; or, in other words, what would be the plan of treatment adopted by such a person wanting experience in such a case. Suppose he were in entire possession of the nosological Table of the gifted *Heinroth*, (wherein this latter has, with the most marked acuteness and talent, disposed of the various modifications of

disordered intellect) notwithstanding that he might form new genera, yet withal would he return to the primitive causes to be enabled to discover the more distinct and clearer phenomena of the disorder. And yet it is decidedly advisable that he should not defer the medical treatment of his patient, lest by so doing, the disease should take root; for the *Méthode Expectante of Pinel*, cannot be resorted to until after all other measures have been tried in vain.

But it is not immediately with the physician, who is most aptly styled the soul of such an institution, that I have reference on the present occasion, since he has studied, and is fully aware of all that is required, and by proper control and correct reports from his subordinates, knows what measures to adopt for effecting the cure of his patients. I, here, only intend to address myself to the subordinate officers of such an institution, whereby I comprise the surveyors, superintendants, keepers and nurses.

In accordance with Prussia's enlightened laws at the Charity Hospital of Berlin, under the direction of professors Kluge, Dieffenbach and Gedicke, the nurses are properly instructed, and great care is taken to secure a diligent superintendence of their education in this important service. Therein they are perfected in every thing belonging to the attendance and support of the sick, and in whatever can afford them assistance and protection, and, what is of paramount importance, they have an opportunity of becoming practically acquainted with the nature of diseases at the bedside of the patient. Notwithstanding all the advantages thus afforded, yet, as the treatment of insane persons, and the intercourse with them, is something *sui generis*, I trust that these remarks may be instrumental in affording some information to those into

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whose hands they may chance to fall. In this, however, I do not mean to apply myself immediately to any person of office or dignity, but wish to be understood as making the remarks generally, and that my observations are intended for all those who are engaged, and whose calling it is to be occupied with such patients, especially such as are so circumstanced as to influence the patients, more or less, from the nature of their situations, to wit: the directors of private establishments and the superintendants of public lunatic asylums.

The objects to be kept in view by such persons, in order to effect the restoration of reason with insane persons by those who are entrusted with them, are:

I. TO OBTAIN THE CONFIDENCE OF THE PATIENTS.

This may be effected,

1. By the superintendants or keepers possessing some knowledge of the different forms of insanity. It is not, of course, to be expected that they can judge and act in strict accordance with the rules of art and science, or the etiology, symptomatology or diagnosis of their patients, for such would require a thorough acquaintance with pathology and therapeuticks; but a knowledge of the more important parts of these different sciences is indispensably necessary. For supposing, of course, that the *directing* (we say directing physician, because the keeper must necessarily assume the office of physician on various occasions,) physician be not always at hand, what is to be done during his absence, when a patient is suddenly seized with a paroxysm of fury; or when he that is lying in chains and fetters appears to have returned to consciousness and implores his release; or what steps are to be pursued when a sudden vomiting or bleeding from the nose

comes on, or an eruption is making its appearance ; or what measures have to be adopted, when a change in the morbid phenomena themselves takes place ; when, for instance, a patient, until now depressed by grief, becomes suddenly wild and furious ; or, on the contrary, when an exalted and frenzied patient sinks into apathy and gloom ? The person who would allow such all important phenomena to pass by unnoticed and unattended to, would be comparable only to an ignorant and inexperienced traveller, who entered upon a wrong path simply because he could not read the words written upon the direction post. If such sanitary hints thrown out by nature are disregarded and not instantly attended to, it will be found very difficult, nay, often impossible to return to the right track, and thus, through ignorance and inattention, the patient is allowed to relapse into his unfortunate condition, out of which we have fruitlessly endeavoured to draw him, and yet withal failed, by not acting in harmony with nature, when she extended her hand to our assistance.

It is not my intention to explain here, specifically, the different phenomena of disordered mind, or the correspondent treatment, although it is a great desideratum that such a work had a place in our literature, for, as far as I know, amongst the many works published on insanity, there is not any detailing separately the different curative measures to be adopted in the various forms of the disease. Such a work would serve as a useful guide to many, not even excepting the experienced physician, who, notwithstanding his profound knowledge of the disease, might still have casualties to contend with in his practice, of a description which before he was a stranger to, and knew not how to manage. If there be such an innumerable host of corporeal ills, to how many gradations and modifica-

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ions of disorder is the human mind subjected, in various individuals, and how important would such a production be, if written with due circumspection and evidenced and illustrated by suitable cases.

But it is not enough for the superintendant or keepers of an asylum to know the forms of insanity only, they should be thoroughly acquainted with the entire individuality of their patients, and this should, if possible, be acquired before their reception into the institution. Although from his versed eye, the superintendant, at the first glance of his patient, will commonly know how such a person is to be treated and managed, whether with severity or mildness; yet it happens on some occasions that he is but too easily deceived, since, from the cunning peculiar to insane persons, a deceitful character may be assumed by them which will throw him off his guard, and induce him to adopt wrong measures; a circumstance of the greatest importance, inasmuch as the first impression ordinarily remains indelibly stamped upon the recollection of the patient. As it is absolutely necessary that a proper tone and bearing should be evinced towards the patient from the beginning, both by the physician and superintendant, they ought, therefore, to be made acquainted with all the circumstances connected with him, in detail, viz. his character, temperament, communications, education, cultivation, his peculiarities, propensities and faults, as well as the causes and phenomena of his disorder.

There are some gestures, words and phrases which of themselves often serve to bring on a paroxysm of rage, when evinced or uttered before an insane person; the disagreeable discovery of which might have been avoided by a timely notification. It may appear that these are trifles, but they are in fact of the very greatest importance,

since the regard or aversion of such a patient to his keepers, or others surrounding him, hinges upon it. It is a matter of no less importance to regulate the society of insane persons, since they either partake of the symptoms of their companions, or out-general their nurses. To confine idiots with idiots only, or to assign the same apartment entirely to melancholics or frantic patients, would be clearly erroneous ; and yet I cannot admit of associating a person depressed by unfortunate circumstances with another in a state of absolute fatuity, lest, by such a step, the former may sink into the more piteable and unfortunate condition of the latter.

The same caution should be exercised in the appointment of nurses, especially in private institutions, where the patients are almost perpetually either conversing with them in the house or walking with them out of it. To a person of advanced age and oppressed by infirmity, a mirthful, buoyant, but not too youthful nurse is to be appointed ; to a young libertine should be attached a person of strict and grave demeanour ; and to a patient who likes to feed his imagination with abstract subjects, should be assigned a person handy and conversant with physics, and capable of imparting interest to his patient in mechanical operations. A visionary lunatic must not be associated with a silent and reserved attendant, who can very easily be appended to a silly patient, because he possesses all the resignation required to endure their endless banal and tormenting questions. Egotists and self sufficient persons, fond of publishing their own attainments, and persons of an argumentative or disputatious character, as well as indolent adventurers, who cannot otherwise obtain a livelihood, are utterly useless for this important service. It therefore becomes necessary

that we should possess a knowledge of the patient *ab initio*, in order that a proper plan of treatment may be entered upon, and a suitable sphere chosen for him at once, to save a subsequent change of society, a proceeding often advisable and sometimes absolutely necessary.

2. To the due attainment and custody of his patient, it is also necessary that the superintendant should be an entirely and thoroughly educated and well instructed person, and one who is able to enter into all the ideas of the patient, as well as to converse with him unhesitatingly on all his more interesting topics, without, of course, expecting that he should possess the knowledge of everything "*in succo et sanguine*." By shewing the patient that he is thus conversant with the different branches of his favourite studies, he acquires the power of gaining his confidence. I need hardly here state the necessity there is for always agreeing, with the patient in his favourite notions, since anything like contradiction or refutation could serve no other end than that of making the patient more headstrong and pertinacious in his opinion. But for the superintendant, on the other hand, to maintain absolute silence towards his patient, would be to place him on a level with his nurses and keepers, who are certainly correct in general in keeping up no protracted conversation with those entrusted to their care and protection. The mistaking or not comprehending of a single word, renders the patient irritable and angry, whilst, by the aid of additions and explanations to his ideas, we please his imagination, and acquire his esteem and confidence, and that to such an extent as on some occasions (but which are to be closely and carefully observed) to admit of his being contradicted, and at this period of his disorder, the patient becomes persuaded that although we do not possess the

full force of his knowledge, we can, nevertheless, duly appreciate it.

Amongst other insane persons in my establishment were three, one of whom liked to converse continually about warfare—he had been an officer. The second chose philosophy as his topic ; whilst the third, a well accomplished young man, (a tailor by trade and ignorant only of his calling,) if he could procure paper and pencil, amused himself in composing poetry, and then reading his effusions to me. The two latter have recovered, and have continued in sound mind ever since, now five years. To the philosopher, I shewed that I was at least partially acquainted with the different systems and not altogether ignorant of its history. For the tailor, I composed some poetry in return for his, but in which he discovered some errors. Yet, nevertheless, he began to esteem me for the attention I paid him by my production. On his poems I never ventured to pass censure, nor did I extend to them either my assent or dissent, being in fact simply and only an attentive hearer, and notwithstanding that I afterwards altogether deprived him of the opportunity of versifying, considering it in general as pernicious to his health and as the cause of his malady, he was withal satisfied with my decision.

Dacquin's opinion, "*Il faut être fou avec eux*," is of some use, but in its exercise we should take especial care that we do not lose our own authority, or forfeit the patient's respect. Another proof of the advantage to be derived from entering into the ideas of our patients, is shewn in the case of a Turkish Grand Vizier, who fancied that he had an insect perched upon his somewhat prominent nose, and which was a source of perpetual annoyance to him. Some of his physicians

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tried to convince him of his error by placing a mirror before him and other such methods, but, as was to be expected, all in vain, for His Excellency considered them all to be blind. As the recovery of this important person was of great importance to the State, they sent for a practitioner from Vienna, a person celebrated in this description of diseases, and who, on entering the chamber of the Vizier, suddenly exclaimed, "for what purpose has your Excellency got such a large insect on your nose?" at last, replied the delighted and astonished Vizier, there comes a reasonable man, and willingly submitted himself to the preliminary steps of an operation—the plan succeeded, and they shewed him an insect pretending to have taken it from his nose, and effected the recovery of the august patient.

This procedure is not new, and is often adopted and attended with beneficial results—It shews us how far it is profitable to enter into the ideas of the patients, to acquire their confidence, and thus to pave the way to a positive and lasting influence over their minds.

3. The superintendant should moreover be always prudent, cautious, temperate and vigilant. He should never be lost in absence, nor absorbed in reverie—in one word, he should be a person of sound mind. But as an absolutely healthy state of mind is not to be expected, since cares and sorrows can instantaneously depress the spirits, in the same way that joy and agreeable emotions can exalt them he ought to have acquired by practice, and exercise as much self control as will keep him from exposing his weak points, at least in the presence of his patients. He should especially exercise caution and circumspection, inasmuch as whoever would lead and govern others, should previously have learnt to govern

himself. If the superintendant is very loquacious, and likes to hear himself talk, he will, were he ever so well educated, often utter absurd things, which cannot fail to be prejudicial to his patient, and have, moreover, frequent occasion to repent bitterly many of the words and expressions which escape from his unbridled tongue. If he does not possess sufficient strength of mind to behold the most absurd deeds and obscure actions, committed without betraying any change of countenance, he will either injure himself by sinking into apathy, or his patient, by acting inconsiderately and thoughtlessly, and under the first transports of anger resort to measures, which on reflection and in cool blood, he will readily detect to be most perverse. That under such circumstances, he should sometimes grow angry, scold, and evince great determination, is quite natural and generally suitable, provided that he always maintains his reason, since, amongst other good effects, it causes him to be feared by his patient. The superintendant who considers the poet's remarks to be correct, viz. "That he who does not, on some occasions, lose his mind, has none to lose," is most certainly not adapted for the important office he assumes. That the superintendant should accustom himself to such scenes is quite correct, but it is likewise absolutely necessary that his license does not extend so far as to give rise to positive indifference. A uniform propriety of conduct, tranquillity and calmness, may be acquired by sobriety and temperance in his enjoyments, especially the former—at all events, the use of stimulating beverages, which give rise to excitement and anger, are to be avoided; since, when under their ebullitions, we see objects with distorted vision, and are unjust in the application of the means placed at our disposal. Trifles,

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under such circumstances, are apt to ruffle our tempers, and give rise to actions, which, in our sober senses, we would not have thought of; besides the great impropriety of committing them before our patients, and by whom it is too clear they should not be seen. If the patients discover that the superintendant has been drinking ardent spirits, (which they easily may detect by smell,) they will most certainly make their animadversions thereon, and this in an increased ratio to the efforts made to conceal it. As any infirmity, of whatever nature, is at once detected by the patients, it follows that the superintendant should not only be attentive to them, but be especially circumspect as regards himself. He will moreover derive great benefit for the establishment of his character and his disposition by such a line of conduct.

As in many instances fathers and tutors are led to self consciousness by the questions of their children and pupils, and discover thereby how incorrectly they have reasoned on some subjects, and how entirely they have overlooked others, so, in like manner, do we become transferred, by the questions of insane persons, to regions, where, in order to satisfy them, the very greatest versatility and circumspection are required. As has been before remarked, the treatment of such patients bears a great resemblance to that of the education of children; in like manner both afford similar results: they make us more attentive to our faults and errors of judgment, and infuse into us a greater love of order. Tutors and fathers who were before not so precise in the regulation of their houses, are now obliged to accustom themselves to a regular and strict diet and regimen, if they desire (as ought to be the case,) to set a good example. Discipline and manner in language and action, are more strictly

observed and involuntarily, and almost imperceptibly, they become more diligent, steady and circumspect. The prayers and other religious exercises are fulfilled with greater accuracy and consciousness, as they are required herein also, to set a good example to those who are allotted to them by Providence. In this way they become more pious and better, and more agreeable to the eye of God: advantages, all of which may be appreciated by the superintendant of a lunatic asylum, if he only reflects on the circumstance that the unfortunate beings confided to his care by the special allotment of Divine Providence, are to be protected and saved, not only from a bodily, but as well from a moral death; unquestionably such a person devoting his time and attention to worldly pleasures, is acting in opposition to his noble calling and entirely at variance with the nature of his situation. Such conduct would be like erecting a solid edifice upon an unfirm foundation; and which would no sooner be constructed, than it would fall assunder, owing to the yielding nature of the soil. Amongst other evils arising out of such an irregular life, on the part of the superintendant, will be distress for want of money, uneasiness of mind, reproach, weariness of life and indolence or entire negligence of his duties: which disagreeable attendants he will in vain attempt to dispel, by resorting to new dissipations and diversions and from which no good can possibly accrue. "Love engenders love, and esteem begets esteem." If, in accordance with the above, the superintendant bears in mind that his life and services are to be entirely devoted to the welfare of his patients; if he remembers that as well as himself, these unfortunate beings are also made after the image of his Creator, and, as our brethren, worthy of our compassion and love; and

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if, moreover, he reflects that they have often fallen guiltless into their pitiful and dismal situation, whether from neglected education, organic diseases, reverses of fortune, or some unaccountable dispensation of Providence, he will try, by every means in his power, to effect for his unfortunate sufferers, the restoration of their lost reason.

It is an object of pre-requisite importance, that the superintendant should exercise *humanity*; not in its common and accepted sense; to wit, a polite, kind, and pleasing behaviour, such as is evinced in our conversation with strangers, and by which we recommend ourselves to their notice; but by it be it understood, whatever is qualified to raise man to that level for which he was originally destined by his Divine Creator above all the other creatures of the earth, and where he is supported and retained by the agency of his reason and free will. He should exercise it with that Christian sentiment which comprehends love, forbearance and tranquillity; and thus, by the united influence of his reason and his understanding, he will effect complete self-dominion, without which he never should aspire to control or govern others. For should it so happen that he cannot control his own feelings, or entirely suppress his anger in certain cases, he will, as already remarked, expose himself to the railleries of his patients. It, therefore, becomes a matter of great difficulty to participate in any of their pleasures, unless we are rewarded, in doing so, by clearing up and breaking the tormenting hallucinations of the patients, even for a short time. A certain degree of resignation is always to be observed and exercised. Thus, I played at billiards with one of my patients every second day, and although I played better than him, I took care that he should win at least as many games as I

did, solely with a view to prevent his ending the game in bad humour: at the same time taking the precaution to prevent his observing that I lost the game purposely; since, otherwise, his pride would have been wounded, and pique have annoyed him for some time afterwards. The same individual, although born and brought up a German, could not, when under the influence of insanity, explain a single sentence correctly in the German language, yet spoke French with fluency, and played so extremely well at chess, that I seldom beat him; consequently he derived but little pleasure therefrom: but domino was more agreeable both to the patient and myself, not only because it afforded more variety, or because it did not require that I should exercise so much caution, in order to prevent his being annoyed, but as well from its admitting several to join in it, and being more exhilarating and lively. The above patient had been insane during a period of fourteen years, and my aim in adopting the above measures, was to lead him from one diversion to another, to transport him from his visionary speculations, and to instil into him a clear comprehension, at the same time to fatigue him sufficiently to ensure quiet sleep, and the results were most striking, satisfactory and gratifying. Since the patient who could not endure any person near him, seemed to have imbibed a great degree of esteem and affection for me; and on learning the time that I was expected to return, after leaving the house, he used to come and meet me, taking part in common place discourse, and choosing the game we were to be occupied with during the evening. All who previously knew him and had been engaged in business with him, were surprised at the change and congratulated me upon the happy effects of my treatment. But to me, the longer I

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had unreserved intercourse with him, the more difficult his care became. I had assumed a character which it required the greatest adroitness to support, for, liking perpetual changes, he expected it in his company as well as every thing else, and hence he gradually evinced increasing indifference towards me. Possibly, he had detected the exertions I made in order to keep him in good humour, and it may be I was somewhat in fault from shewing him too much indulgence; consequently I dreaded, and with reason, the coming hour when I should stand opposed to him, because therein I risked the loss of his confidence and esteem, which I so anxiously desired to retain, and unfortunately I but too soon had my fears realized.

II. I now come to the second chief object a superintendant should keep in view, viz.—on the reception of a patient, as the inmate of an institution, **HE MUST IMMEDIATELY AND ENTIRELY BE INSPIRED WITH AWE** at the first sight of the superintendant. Properly speaking, I ought to have explained previously, that the excitement of awe was the main point to be attended to. For as soon as the patient is admitted into an asylum, the intendant should give him to understand that he is not to persevere in his capricious conduct, and that he has to do with people, who, without any regard to his former situation, would carry into effect, justly and strictly any measures they had previously determined upon; for the patient does not fear to commit any crime which may be forbidden so much as the punishment which is inflicted upon him, as a consequence of his transgression.

Severe discipline must therefore be the chief object of the managers of an institution, at the same time they should rigidly avoid the indulgence of tyrannical and

arbitrary conduct, dissoluteness and licentiousness, lest the exercise of them cause their own downfall.

In general we observe gratitude to be the fruit of benevolence ; nevertheless we should not with insane persons be very sanguine in our expectations of meeting with even a recognition of kindness and much less of any recompense for having exercised it. For although a mild and lenient behaviour and a visible endeavour on the part of those in charge of insane persons, to anticipate their wants and wishes, with a view to dispel their irascibility, or prevent the expression of their dissatisfaction and anger, may be applicable in some instances, as with patients whose ebullitions are liable to become changed during different paroxysms of madness (*) or with such

(*)As an instance of how far paroxysms of rage may be subdued by kindness and gentleness, I would cite the case of a plethoric man, aged twenty four years, who became insane from irregular and dissolute habits. At the public asylum to which he was first conveyed, he was distinguished for his licentious and ungovernable character ; so much so, that he was submitted to the most severe punishment, but which only served to render him more obstinate and refractory. After the expiration of a month he was brought into my institution, being still very ill, and occasionally quite senseless. On one occasion I was alone with him in a room, and whilst engaged in writing, I discovered by a mirror opposite to me, that he fixed his sharp piercing eyes intently upon me. Standing still in this way for at least an hour, and without uttering a word, his muscles acting convulsively, his veins greatly distended, and his hands firmly clenched, he seemed disposed to challenge me formally to combat ; turning round to him, I said in a good tempered and kind manner, my dear N. N. you appear to be unwell, desire the nurse to give you a head bath, you will find him in the adjoining apartment. This tone of speech was so entirely unlooked for by my patient, that his whole character suddenly underwent an entire change ; he did as I had desired him, and in this way his paroxysm subsided.

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truly unfortunate individuals as have become melancholy and insane, either from adverse fortune, fraud, deceit or persecution, and from which they have become misanthropic,—in general, however, we will not effect our aim by exercising such tender mercies towards our patients.

A teacher, who invariably studies how to indulge his pupils, will soon discover that they do not appreciate his good nature at its just value. If he would educate those satisfactorily, who are entrusted to his charge, it is requisite for him to be a judge of the steps necessary for him to pursue, and in order to effect his object properly, he should exercise earnestness and severity, joined withal to justice. He will very soon find from experience, that the "*quos ego*" with the switch on the younger pupils, and other suitable proofs of his dissatisfaction with the elder and more advanced ones, will have far more power than an hour's discoursing, and that in such cases to "spare the rod," is indeed to "spoil the child,"—so with insane patients. *Lichtenberg* remarks, without hesitation, that flogging is of greater use than all the other means together; by it, he observes, the reasoning faculty is obliged to join itself to that world where the stripes come from. Indulgence is baneful to the patient, and the superintendant must resort to all means to carry his will into effect; notwithstanding the incommmodity and trouble of such a step, in some institutions, he is not even, when

An anxious and timorous person would have fettered this patient, under the circumstances here described, a measure which he of course would resist by all the means in his power, and in this way relapse into a state of phrenzy; at the expiration of six months, this patient was entirely recovered and dismissed, and is now, after a lapse of five years, in regard to health, perfectly well.

entreated with prayers and supplications to evince any irresolution in the just application of the rod; he must impress therefore on the minds of his patients, at their introduction into his asylum, both by the determination of his countenance, the carriage and demeanour of his person, and the earnestness of his behaviour, that they have to deal with a most inexorable judge. Indeed, the first impression is indelible, and if the patient discovers him to be in any way timorous, it will be difficult, nay even impossible for him, to gain any authority or preponderance over his patient afterwards.

To this point the English Physicians have especially directed their attention, and have disclosed therein an important light, and discovered a new ground to act upon. *Pargeter*, for instance, had the power on once catching the eye of his patient, to chain him magnetically, and was thereby enabled to effect any measure he desired from the most stubborn and refractory subject. *Perfect* exercised an almost magical influence, and effected many wonderful recoveries solely by his self possession; but of all others who possessed this influence, *Dr. Willis* exercised it with the happiest effects. Unfortunately his opinions and researches have not been published, but all the reports of his great and celebrated institution concur in the opinion that it was from inspiring awe that he commanded such great and powerful influence over his patients, and which moreover kept pace with the convalescence of the individual, and changed him ultimately into mildness and affability, so much so that in many instances his patients when entirely restored to sense and reason, expressed the greatest desire to continue inmates in his asylum. This fact would seem to confirm the opinion of the great moral physician, *Horn*, who asserts that the individuals who

have recovered from mental alienation are of all others the most grateful ; I have, however, seen some of the patients treated and restored by this celebrated person, who were entirely wanting in this grateful sentiment, and who on the contrary, complained of the severe and oppressive treatment (*antagonismus*) they underwent in his private asylum ; possibly, however, had he like Dr. Willis, resided in his institution and been more or less occupied with his patients, such complaints might not have been advanced by these persons.

It is necessary that the patients should be kept in this state of subjection by suitable punishments, and the more natural the better for the patient. The superintendant should punish slight transgressions at the moment, for at a latter period the patient may forget that he has erred.*

Weightier faults may be punished by many formalities, and these chastisements should not be inflicted by the keepers, or superintendants, but by a person appointed for the purpose, not however as *Reil* advises, in the presence of the patients ; it is enough for them to have seen the preparations and arrangements for the projected punishment. Their imaginations lead them to suppose things worse than they really are ("*præsentia minuit famam.*") The order of the Prince of *Shwarzburg-Sondershausen*, dated September 10th, 1834,—“ On the

* A respectable old woman in my house had a singular propensity to set fire to everything, and on this account was very dangerous, and being generally at liberty preferred resorting to the kitchen rather than to any part of the institution ; instructions were given to every body in the house to rap her knuckles whenever she touched any of the fire implements, in this way a dread was inspired, and this to such an extent that she was in the habit of touching her fingers when near the fire, and retreated suddenly, as if she had actually received the punishment awarded to her for her transgressions.

publicity of bodily corrections," may be seasonably introduced in the place—"It is (says this learned and important personage) a dismal necessity if blows are to be resorted to as a punishment; however, in those cases where their application is inevitable, their public execution cannot be defended, as it only wounds, and often deprives the individual of every feeling of honor, and as well renders him callous and engenders feelings of indifference instead of repentance, (the first step towards the improvement of the culprit,) but likewise has a very pernicious effect on the surrounding spectators, frequently producing, instead of the desired conviction of the merited punishment, only compassion towards the perpetrator, and a feeling of disapprobation as regards the rigour of the law and the severity of the judge—I therefore abolish the publicity &c."

Corporeal punishment should never be resorted to either peevishly, passionately, or to gratify an arbitrary feeling, and the nurses especially should not be allowed to inflict any chastisement upon the patients, scarcely even in self defence, inasmuch as the patients quickly discover the weakness of the chastiser, and as a necessary consequence despise him. As insane persons generally think it is their healthy brethren who are deranged and not themselves, the adoption of such a manifestly improper line of conduct would seem to give some countenance to their opinion; they should moreover not be punished either immoderately or cruelly, and so soon as the intention has been arrived at, the infliction should cease immediately. And if the insane person should be so senseless as not to comprehend the reason why he is punished, it is almost unnecessary to remark that it should be abolished entirely, its infliction then would be barbarous.

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No less caution is to be observed in conferring rewards.* Through their agency we give rise to agreeable feelings in our patients, and attract them nearer to ourselves. In the beginning we should be very economical in bestowing them, and advance step by step; thus from a pleasing look, in the first instance, we may proceed to a pressure of the hand, and as a distinctive mark of attention, participate in their diversions and pastimes, allowing them a place at table, or admitting them to walk with the family, or visit their acquaintances, and accompany them either to church or to places of public amusement; but great care is requisite in bestowing these favours that we do not take too wide strides, but exercise a suitable progression; he who is too lavish of his favours (notwithstanding that the patient's mind would seem to bear it without inconvenience) and does not proceed gradually, nevertheless risks making him indifferent, and in proportion as he crowds his rewards upon the weakened intellect, tends much towards surfeiting the subject, and rendering him even more indisposed than he was at the beginning,—as with the punishments so with the rewards, the more natural and simple the more effectual and applicable to the patient. In the exercise of either, however, the

* During the time this book was passing through the press, I obtained a sight of *Dr. Braeunlich's* work on insanity, Meissen 1837. His plan of treatment consists entirely of moral means, but I cannot comprehend how he could discard the chapter on rewards and punishments, from among the curative measures in diseases of the mind; he assumes that the lunatic is not imputable, consequently not a criminal, and therefore that he should not be punished; the same may be said of a child, and yet the cautious and loving father will occasionally inflict punishment upon it, to prevent a repetition of transgressions: I can admit but of a solitary exception, that namely in the case of senseless patients.

individuality of the patient is to be chiefly borne in mind, for instance, on a person who is fond of reading he may bestow a useful book ; he who enjoys verbal conversation may be allowed to participate in discourse with rational persons, and even with members of the family ; to one who finds amusement in mechanical labours, we may present instruments adapted to the bent of his inclination, such as a turner's lathe, joiner's tools &c; those who are more sensually inclined, and fond of good living, we may gratify by allowing them to prepare their own dishes, and whilst to him who delights in making collections, whether of natural history, coins, pictures, engravings, &c. we may please and improve by giving single specimens in the compartment to which he is inclined, hereby a degree of confidence will be evinced towards us by the patient, and that proportioned to the degree of dread he felt towards us in the beginning,—thus he is placed in a happy position wherefrom we ought not to remove him inconsiderately, unless an over indulgence in their inclinations have produced his insanity. What parent would not see his children happy and in good and mirthful humour ? And why should we not evince the same benevolent feeling towards these unfortunate individuals ?

But I here repeat that wherever awe has not been inspired in the first place, *there* no love can be expected in change for any kindness ; and in support of this assertion, I here return to a notice of that patient who began to betoken marks of indifference towards me proportioned to the degree of kindness I shewed him. During the first fortnight of his residence with me I chose a different rout to our accustomed one, and discovered that he did not like the direction I had selected, nevertheless he followed ; on returning, however, he persisted in taking a direction oppo-

site to the one I had made choice of, this circumstance arose from giving way to any whim or caprice which might casually occur, and to which he was greatly predisposed, an event which could not fail to be very disagreeable to me, inasmuch as it thereby became necessary either that I should follow him, and absolutely renounce all influence I had over him, or that I should expose myself to a conflict, which chance or force of circumstances would decide, for I had often heard that he was an adept at pugilism ; what was I to do under such circumstances ? If I had the worst of it, I might depend upon my patient laughing at me ; however I risked the undertaking, and fixing my eyes sharply upon him, at the same time seizing his hands, I ordered him with an authoritative voice to follow me immediately ; as he had not been accustomed to this style of language from me, this being the first and luckily the only occasion on which I had resorted to it, he was quite terrified, nevertheless he made some steps backwards with a view of eluding me, when I seized him again, and although he resisted me greatly, I grasped him so firmly, and held him with such determination, that he at once discovered he was too weak for me ; he therefore tried an expedient he had formerly found effectual with other conductors, throwing himself on the ground. In this situation I procured the assistance of some persons passing at the moment, I had him tied and placed in a wagon. After his arrival at the institution I caused him to be punished, and he never repeated the experiment. I regretted greatly that it was necessary to have recourse to such a severe measure, fearing I might thereby alienate him from me for a long time ; fortunately it was attended with beneficial results, since from this time he feared me, and knew fully how to appreciate my strength when he

contended with me, a most important circumstance on the negative side. In his own house and surrounded with nurses, of course, a superintendant will not degrade himself by putting on the straight jacket, or inflicting any punishment with his own hands, he must cause this to be done by keepers or other subordinates—all he ought to do is to order and instruct. It ought to be generally understood that the patient should seldom be allowed to make any appeal for a mitigation of the sentence, and when the punishment has been ordered by any superior officer, it should be considered absolute and irrefutable. Patients are unceasing in their complaints and invariably resist more or less performing any duties required of them, being always to a greater or less degree at variance with the nurses, and others by whom they are surrounded. As they very seldom like to take medicine and still less to be blistered or bathed, they are, consequently, always prepossessed against the physician, whom they in like manner dread more than any other person. As he is less frequently amongst them, he does not suffer much in the loss of their affection; the main point is to have established fear, and this is soon effected when the patient discovers that his orders are executed most punctually; and the consciousness of his being the most authoritative person connected with an institution, is sufficient to keep the dread required, and this knowledge further leads them to excuse the measures of the superintendants, since they can enter on no arbitrary step, without the order or sanction of the physician. In like manner the nurses are subject to the control and authority of the superintendants, and great care should be observed that harmony and concord exist between all the officers and subordinates of such an institution, and that all orders emanating from superiors are

punctually and faithfully obeyed by those in office under them. The patients at once detect any undue exercise of power, or when an attendant expresses any malicious joy at the miscarriage of any project or experiment in another.

The superintendant of a lunatic asylum, as well as the nurses and keepers, should be engrossed entirely with their patients, and he, who whilst managing or inspecting such persons, enters on the performance of any other duty, has his attention diverted and cannot observe the faults and follies committed by them, and if a keeper, instead of attending solely to a patient, sits down to read a book, it affords the patient not only an opportunity of transgressing, but excites the anger of the keeper by interrupting him in his favourite pursuit; such a man is not any more in his place than the self-sufficient egotist before hinted at, who has left his sphere and taken his present charge solely for the purpose of getting a livelihood, spending the time which hangs heavily on his hands in disputing with the patients. Should the keepers or nurses have any trade, they may occasionally follow it, inasmuch as it may prove of service both to themselves and the patients; for example, a nurse that makes clothes or shoes, or pastry, or who by trade is a cooper or a turner, is invariably preferred by the patients to one who enters into conversation with them on abstract subjects or occupies himself in reading books; and this remark is applicable to superintendants, surveyors, overseers, directors, inspectors, or whatsoever name or office they may have: should he advance study as an excuse for the better supporting his office, it is likely whenever he wishes to indulge in it, that he will grow angry and excited, if asked for his opinion in the management of critical cases, a circumstance unfortunately but too likely to occur frequently.

It is certainly proper that he should keep pace with the improvements of the age, write down all that is of importance, become acquainted with the daily discoveries and inventions which tend towards effecting an easier and natural, surer and more suitable treatment of insane persons, and as far as may be, exercising them for the benefit of his patients ; he will find, however, sufficient time to prosecute these enquiries either early in the morning or after the patients have retired to rest in the evening, since the visiting physician will have too much to engage him, and connected purely with the patients in the institution, to admit of his imparting a knowledge of all the recent inventions ; but he may easily arrive at this end himself by the combined efforts of his experience, observation and application, provided always that he has an earnest love for his noble calling, and possesses the requisite cultivation and versatility, to use and apply correctly the suggestions afforded him by the medical practitioner, and has the faculty of noticing the patients closely, as well as valuing their expressions, language and gestures, from all which he will be enabled to impart a sure and correct method for the moral management of insanity, and perhaps he would be the best qualified to lay down rules and regulations on the communication with such patients ; as he acts only morally whilst his medical adviser officiates in a material on somatical way.

Physicians have of course various opinions on insanity, as is sufficiently manifested in the different asylums where the plans of treatment are entirely at variance with each other, but it is not now my intention to examine into the respective merits of either, whether he who lays most stress upon the somatical, or he who approves most of the moral plan of treatment is most correct, although I cannot

find so wide a difference between them as some pretend does exist, inasmuch as the bodily practitioner influences the mind *malgré lui*, and the moral physician exercises a correspondent power over the body in like manner as mind and body are so intimately connected that one cannot be affected without sympathetically affecting the other. In general, I think however the best plan a medical man can adopt, is after having examined the symptoms and causes of the disease, to confine his treatment particularly to the body, provided that he knows the patient will be placed in a situation where he is only required to convey suggestions concerning the moral treatment, and has the conviction that the communication, attendance and guidance of a circumspect, well educated and kind superintendant, will persevere with and finish effectually what he has commenced.

If even the disease is dependant entirely upon material causes, if there should exist pain in the bowels, determination of blood to the head, and other such obstructions, whether the disease is dependant upon hemorrhoids, or owing to suppression either of the menses or lochia, all of which the physician will have to manage physically, the mind nevertheless will not be restored immediately on the removal of the exciting cause, but will only recover its healthy tone gradually ; the instances are unfortunately but too numerous where the functions of the body were completely restored, and yet the infirmity of mind continued very long after ; but the reason of this, in many instances, is either the want of proper attendance, or the application of wrong moral measures, chiefly dependant perhaps upon the selection of improper companions for the patient. It is not of course to be expected that the physician, from manifold occupations, can spare time to walk out with the patient or be so constantly with him as is necessary to occupy and

divert his attention, and fix new and correct ideas in his disordered brain. It is in his absence, consequently, that the moral manager can lead the patient to consciousness, by alternately convincing and instructing, warning and threatening, rewarding and punishing, and thus by perpetually exciting him, dispel his hallucinations and restore him to reason, whilst it is always to be the task of the physician to assist the infirm patient somatically, to restore his shattered nervous system, as well as to remove all superabundant excitement.

As I before remarked that every patient should be treated according to a different method, so would I give it as my opinion that no patient should be committed to a public asylum, at least for some time, if there were means for supporting him in a private one, unless indeed he was of so corrupt and abandoned a character as to render it dangerous that he should have any communication either with his equals or even with persons more corrupt than himself. There are occasionally cases met with where the patients wish to become pensioners on public asylums wherein they are committed, but the intercourse they there have with other persons cannot fail to be attended with prejudicial results from the influence they exercise over their companions, the intrigues and plots hatched by them, and in which they assume the leading character, withal possessing sufficient adroitness and art to elude the vigilance of the attendants, and thereby obtaining much advantage. This wayward sort of life has a charm in it for such a villain who knows full well that if dismissed from the institution, he has nothing to look forward to but an existence replete with pains and sorrows, and that he must provide for a starving family. If the humane physician thinks it his duty to act upon such a person in a moral and religious

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way and with a view to change his character, the patient knows well how to dissemble and for a time to deceive him; he confesses his sins, he evinces signs of repentance, and makes fair promises of improving his way of life, but should any particular transgression be subsequently discovered, he is not only punished for it, but likewise declared unrecovered, and it is unfortunately not to be expected that such an institution should alter the whole character of such an individual, and change him from a villain to an honest, upright and virtuous man. Such a person should, when detected, be removed at once from the institution, but not conveyed to any situation where he can have free intercourse with rational beings; the fittest abode would be a house of correction conducted on the American principle, where he would be kept in solitary confinement, and at constant hard labour.

There are many physicians, and amongst them some celebrated ones, who are of opinion that mental diseases are the offspring of sins, especially of pride and sensuality. I have, in the introduction, named what I considered the chief causes of insanity, but although I do not here venture upon a denial of these two passions being very often the cause, at the same time I consider that a great degree of caution is necessary in acting upon such an assertion, in general. The idea of sin is very relative, no man being without sin, according to the scriptures. "For all have sinned and come short of the glory of God," and again "the imagination of man's heart is evil from his youth."

The plus and minus of sin itself beyond this is nothing, but it is the views taken of sin by different individuals, since one may consider a casual transgression a grievous sin, which another may look upon as a mere trifle. He

who feels more acutely and with a refined degree of sensibility, will detect an action to be criminal, which to another may appear comparatively harmless. The first, we say, has increased nervous developement, or fine nerves, and the latter blunted, coarse, or obtuse feelings.

2, Experience entirely subverts the assertion that the more sinners (*i. e.* the more malefactors, with design) the more lunatics. *Horn* the celebrated physician of Berlin, affirms something to the same effect, viz. that moral corruption, by leading to reflection and self communion, predisposes us for committing crime, at the same time that it induces the perpetrator to conceal them as far as possible. Such a state of tension in the powers of mind, let their ends be ever so corrupted and criminate, is by no means calculated to favour the evolution of these diseases, but much rather to prevent them. In another section he continues, were this the case there would be a larger number of houses required for lunatics than for criminals, since the majority of prostitutes in the large towns, and who are exposed to so many virulent diseases, would become subjects for lunatic asylums. On the contrary, however, we find females of spotless character and unblemished reputations are infinitely more frequently the inmates of such institutions than their more corrupt sisters; persons, quietly engaged in domestic affairs, females of honest demeanour, and the purest morals somewhat however advanced in life, or if they be young, 'tis when they have become widows, or when they have been shut out from intercourse with the world, as nuns, &c. and are placed under circumstances which debar them from gratifying sexual desires, but yet without any co-operation of guilt or sin. As an instance in favour of this assertion, I will here relate the case of a girl twenty-four years of age, of good repute, and

who supported her poor mother, brothers and sisters, by sewing and embroidering, whom a frivolous and corrupt lad pretended to love ; he promised to marry her, but only with a view that she would consent to his gratifying his lust. He however though failing in his bad intention, nevertheless secured the girl's affections ; she loved him most ardently, and hoped to alter and amend his life and conduct. Finding himself thwarted in his design, he relinquished his object, and exposed her to the scandal of a small country town. Her sedentary occupation and removal from the conversation of other men gave rise to some derangement in the stomach and bowels ; a predisposition to insanity was here set up, and it only required some powerful emotion of the mind, that existing in a loving and finally disdained, abandoned and perhaps insulted girl, to develope it fully. If that girl had sinned, no bodily malady (at least at the beginning, would have been developed, and frivolousness would have enabled her to support the consequences of her fault with an undisturbed mind. This girl was conveyed to a public establishment, and had she been there treated in the same moral way as the corrupt and disorderly prostitutes, how great and striking would have been the mistake ? and how unhappy the consequences to her on the restoration of reason, to find what a degree of injury has been inflicted on her unblemished reputation.

It is, as before stated, indispensably necessary that the superintendant should become acquainted with the individuality of his patients, in order to adapt his sanitary measures thereto, for if we arrive at conclusions from the appearances presented by the disease in its early stages, as to the character of the patient, we are clearly indulging in error ; persons of the best education and connected with the highest families, are often debased to

the condition of beasts, and make use of such language and expressions as is not to be equalled by persons frequenting the lowest haunts of vice and iniquity. These should always be overlooked and forgotten by the superintendant, as they are by the patient, who would blush and evince tokens of the greatest shame, when reminded either by his own cruel memory, or when represented to him by another patient under the workings of malicious rage. On this account it has often proved a source of sorrow and surprise to me, to find a number of patients compressed together in the same apartments. I do not pretend to deny that the more various the description of the surrounding company, conversation, &c. in order to contrast more widely with the lunatic's former situation, the better for the patient, and the more likely to be attended with beneficial results; for whoever has heretofore lived secluded and for a selfish end, and who is continued in the same situation, has but a small chance of being restored to reason; or if a man of influence, for example, and who has been accustomed to order and command, cannot be expected to recover if marks of honour and expressions of submission are paid to him whilst he is insane; such persons, therefore, can rarely be cured, except in the lunatic asylum. Consequently *Horn* may be correct when he remarks that a lunatic asylum must be so conditioned, that a healthy person residing in it would become foolish, or as *Reil* enthusiastically observes: "The reception of a patient into a lunatic asylum may be attended with the thunders of artillery, he may be carried during the night over a draw-bridge, he may be received by negroes, subsequently led into a subterraneous dungeon and placed in a bath teeming with disgusting reptiles and fishes." If such scenes

do not recall his senses, then I do not know what else is calculated to excite attention and to effect their restoration.

But what steps are to be taken when light first begins to dawn on the patient's mind, and he perceives the objects by which he is surrounded. Ought he to be continued in the same sphere? In an earlier portion of this work I have said that the patient should be treated differently at the beginning, during the progress, and at the termination of his disease; such a patient must therefore be transferred to a different situation; but unfortunately it is in this point mainly, that all public institutions are wanting, and by which a progressive convalescence of the patient is impossible. For usually by the word lunatic asylum, we comprehend a large building, with appartenance, garden, yard, arrangements for bathing, swinging, &c. ; but to render such an establishment complete, there ought to be a variety of buildings, and if possible, a farm adjoining to it, or still better, as is the case in Holland, an entire village.

For patients during the first stage of the malady, there should be an isolated building, strongly fortified with only a single entrance, to preclude any patients within it from coming in contact with those in different compartments of the building. In this the safety and seclusion of the patients is to be the main consideration; it is therefore to be firmly secured with iron barred windows, and subterraneous dark apartments, which are moreover to be furnished with the necessary measures for effecting compulsion and surety, viz. ring-bolts, chains, &c. and the walls are to be duly padded with some soft substance, to prevent the patient from inflicting any injury on himself.

If the patient evinces any symptoms of recovery, we

may cautiously and gradually try the effect of liberty on him; he will evince so small a degree of liking for his late abode, as to take great pains to effect his release therefrom; consequently, if sufficiently restored, he may safely be transferred to another apartment, but where he is still to be kept under strict control. Here the commencement of a more moral plan of treatment is to be entered on, (in opposition to the first, which merely consisted in bodily incarceration,) viz: regular, active bodily exercise, strict observance of the rules of the institution, exercises of the intellectual powers by conversation and instruction, by discoursing, reading, arithmetical calculations, recitations, &c.

If the patient conducts himself properly in this, the second stage of his recovery, (and he will as far as possible avoid being sent back to his first abode,) he should be still more at his liberty and freed from the molestations and the restraint imposed upon him by the attendants, and he should be looked upon as a pensioner of the third and last stage where he may think himself free, but where nevertheless a system of espionage can be exercised on him unobserved; occasional leave may even be granted him to make short excursions, and a trifling sum may be given him for pocket money, which may be further augmented by the fruits of his own industry, and he may be looked upon in all respects as convalescent.

The advantages afforded by an institution modelled after the above plan, and the preferences it claims before ordinary asylums are very striking: three of which will answer our present ends, and which I shall here relate.

1stly. A better state of discipline is exercised, the infliction of bodily punishment is less frequently had recourse to, the nurses and attendants cannot exercise any arbitrary

spirit therein, since any disobedience, laziness or malignancy causes its own punishment along with it, from the peculiar constitution of the establishment.

2dly. The patients do not continue as inmates of such an institution for so long a period as in the ordinary establishments, especially as in the third stage (that of convalescence) it can be better proved whether the patients, after having attained their political liberty, will make use of it reasonably, and to a proper end. For the physician can now more safely grant a certificate, having less to fear from a relapse. As such establishments are commonly conducted, no person can reasonably blame a physician for postponing such a testimonial as long as possible, since, when a patient has been dismissed from such an institution, supposed to be recovered, and is again replaced therein from a recurrence of his symptoms, all the obligation and odium is placed on his shoulders, and yet the patient cannot be expected to have recovered so very rapidly if he has been kept in such constant community with other lunatics.

3rdly. The transition of the patient from the asylum to the external world is not by a leap, inasmuch as the patient's mind has gained increased vigour, and his body has become accustomed to activity. He has shewn by the freedom of his actions (which have been chosen by himself,) and in the selection of his companions, whether he is fitted to return to his former avocations; he is now satisfied that the punishment which was inflicted upon him was not arbitrary, but natural, and applicable to his condition, and he evinces gratitude towards the institution, and I believe would prefer remaining an inmate there to returning to that more unquiet life, into which sorrow so largely enters. A circumspect, hu

mane and benevolent superintendant has consequently many opportunities of conferring benefits, and he can but prove these by shewing esteem for his patients.

Institutions have of late years been founded, which are well directed and circumspectly conducted by persons who have no connection or communication, either directly or indirectly, with medical men, and which moreover have been productive of many blessings. *Rust Junior*, * mentions the existence of one in Frankfort under the inspection of *Antoni*, and of another in Palermo conducted by *Baron Pisani*, to neither of which was any physician appointed. To the largest and most celebrated institution of this description, however, that viz. at *Aversa*, near Naples, and which contains six hundred patients, *Dr. Vulpes* is appointed director, but the management is entirely of the moral description, as may be seen by the following document, extracted from the work mentioned below,† and which is here introduced from its curiosity.

A spectacle exclusive in its kind and in more than one respect remarkable took place during the last days of the carnival, (1823) in the town of *Aversa* near Naples; it consisted in the performance of a comedy, entitled "The disorderly improved," at the lunatic asylum there. The characters were supported by thirty insane patients, and there were upwards of five hundred other insane persons present as spectators, as well as all the chief authorities of the town, with many other persons in rank, some of the staff from Naples, and a numerous assemblage of Austrian officers. We were surprised immediately on

* Ueber eimige Irrenanstalten von *Rust Jun.* Berlin 1832.

† Beiträge zur Erleichterung des Gelingens der practifohen *Polizey*, von *Werker*. Berlin 1832.

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entering the theatre, at the great propriety, order and quietude that reigned throughout; but we scarcely knew what to think, and with great difficulty suppressed our heartfelt emotions on witnessing, at the drawing up of the curtain, the precision and understanding wherewith these demented beings, now changed into rational actors, played the parts allotted to them; the attention with which their unfortunate fellow patients listened to them, the judgment and delight they evinced, by clapping their hands in approbation of any choice sentences, and the gratitude with which the performers received their reiterated applause, and the zeal and exertions wherewith they strove to deserve them; indeed, we believed ourselves transported into a theatre which was occupied entirely by persons of the soundest understanding. However, some of the spectators present on this occasion expressed their doubts to the deservedly esteemed director of the institution, as to whether such an occupation for people referable to the most unfortunate description of human beings, should be allowed without the sanction of medical men, and whether the excitement of their minds, such an exaltation of their imaginations, and such an impulse as was given to the unstable ambition of other insane persons present, was not likely to be attended with pernicious and even dangerous consequences, but *Linguisti's* explanation of his plan of treatment was sufficient to expel all doubts and questions on the subject. He concurs with others that dramatical exhibitions without any selection of the subject, and performed by any class of patients, without any distinction from among them, could probably, in many instances, be attended with the most dangerous effects; but if, on the contrary, carefully and considerably selected pieces are chosen and which are in every respect qualified to the circumstan-

ces and if care is taken to allot to every performer a character entirely opposite in its nature and tendency to his own fixed and prevailing opinions, then theatrical performances cease to be to them a source of mere diversion and granted only for amusement, and prove rather an excellent antidote to insanity itself, and after fifteen years meditation and no less experience, they were pronounced by him as the most efficacious of all remedies. Insanity, he observes, is nothing else than an invincible passion which fixes our minds constantly and immoveably upon certain objects, and the surest means of conjuring such passion is to attack the patient on his vanity, and that is a stimulus whose irresistible influence could be perceived as well over the sublimest geniuses, as in the most ordinary comprehension.

The insane performers at Aversa did not go on the stage voluntarily and for the purpose of gaining applause, but forced themselves there by an effort ; and just such an irresistible measure as this is required in order to conquer and forget the favourite ideas which the melancholy are a prey to ; their attentions must be directed to other objects, and whoever succeeds in effecting this has gained an important step towards the recovery of his patient. Linguiti had often observed the great zeal and desire evinced by various insane comedians to acquit themselves with eclat in the parts which had been selected for them, and where, from the applause awarded them by the audience, they had renewed and doubled their exertions by entering more deeply into the spirit of the characters, and had in some cases acquired such a liking for them as to become at once freed from the hallucinations which up to this time had taken entire possession of their minds ; *contrariu contrariis curantur*, were Mr. Linguiti's last

words, And that all insane persons in the world, both in lunatic asylums and out of them, may enjoy such a reasonable and circumspect director is our prayer.

In smaller institutions it is of course impossible to celebrate a festival with such pomp ; but declamations, performed in presence of other inmates of the house, and the recitations of particular scenes are good surrogates, as well as diversions and recreations, either in community or otherwise. Among the best are leaping, swinging, digging, practising music, swimming, riding and dancing, all of which may be tried with advantage, and the more if many formalities are observed, and their exercise attended with great solemnity. Nobody could believe, if he had not seen it, how highly some patients feel flattered and honoured, if they have in any way distinguished themselves ; many of them, like so many children, take all imaginable precautions not to abuse the confidence extended to them. The morning and evening prayers, and a psalm or hymn, or edifying poetry, should be read by each, every alternate week provided his mind and education is of such a description as to admit of it. It is extraordinary how pleasingly the patient looks forward to the period when his turn for reading comes round, and what pains he takes to secure the attendance of all his hearers, and the anxiety he evinces that they should all listen to him with attention ; and it is remarkable to observe the extreme vigilance evinced by convalescent over any of his fellow patients, who have been committed to his protection and superintendence, and the precautions taken to prevent them in any way hurting themselves.

From the foregoing remarks we are led to infer that the communication with insane persons is not so great a

burthen as it is generally considered, but the procedure must nevertheless be entered on with benevolence, inclination and love.

But not so honourably is he requited who is entrusted with the care of fatuous and incurable patients only, but which, properly speaking, ought not to be assigned to an asylum for curing them, but to an institution for guarding and sheltering them, and where all due regard should be paid to their cleanliness, corporeal nourishment and suitable exercise. They should moreover be treated, in every instance, with humanity and esteem, and which they are entitled and lay claim to, as frail fellow mortals.

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